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 The Grapevine is delivered by dedicated volunteers



Anne Simmonds

TGV to your home

Winter 2018

# The Thurgoona Grapevine

## Thurgoona Resident Wins Houzz Award

Sherylyne Moran

Thurgoona resident and enterprising business woman Sharon Strauss is thrilled with her international Houzz award for styling and staging homes, being a third-year winner. Houzz provides an online platform for designers world wide to showcase their work and it has been a great avenue for Sharon to share both her passion and ability to transform spaces with stunning results. With 40 million people utilising the Houzz facility, Sharon uses this platform to promote her business and highlight homes that she has styled or staged for selling.

Sharon has a natural talent when it comes to creating atmosphere within a home. At the TCC we were delighted when local resident Lis McLaren offered to provide her home as a demonstration of Sharon's capabilities. With a party of 17 ladies and one gentleman, we were able to watch the transformations of rooms with simple but outstanding styling by Sharon to provided stunning results. Sharon also volunteered to transform our sunroom at the TCC with different themes to celebrate days like Anzac Day. It helped create a welcoming feel and mood. Sharon has recently helped us restyle the front office and choose the colour scheme for our JobActive painting project.

"It's always been my passion and I have a natural eye and talent for interior and exterior styling and design", Sharon explained. After her career as a professional real estate agent, she realised that people needed to showcase their homes to obtain the best possible price in the market. "If a house is empty or contains considerable personal clutter, it creates a negative impression. The seller only has one opportunity in a competitive market for their home to



Sharon Strauss styling a home.  
 Photo: Tamara Binder

create an impactful first impression that leads to a sale. Utilising my service helps this to occur by making your home presentation perfect. I'm able to create an ambient atmosphere that draws a buyer into a home. This needs to happen from the curb to the back fence as it's a whole package approach not just what's inside. I use visual cues to draw the buyer into the house to 'fall in love' with what they see and envisage themselves living there", she said.

"I also help those who want to enjoy their homes more. I work with people on a plan and I show them how to use their possessions to the best advantage. I give a lot of help around decluttering and reorganising and this can alleviate those overwhelming feelings. People feel much better armed with new skills for living well", she said.

Sharon has enjoyed living in Thurgoona for the past 15 years and she has had a long association with the TCC. "I still remember when I

would bring my children to the centre, it has supported so many families over the years and I've been very happy to support it again", she said.

If you would like to speak with Sharon, you can contact her at Style with the House of Strauss on 0422 595 738

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*Disclaimer: The Thurgoona Grapevine has many willing contributors and is an expression of a diverse community. The contents of the articles are individual and not necessarily the views of the Thurgoona Community Centre or AlburyCity Council and their representatives.*



## Rain hail or shine!

Sherylyne Moran

"We enjoy what we do", says Murray Grey Veteran Golf President Graham Harris. The origins of the Thurgoona Golf Club began back in 1982 when five founding members teamed together around a nine-hole course. They were led by Jack Cevaal and John Moscher who with the other three enjoyed their nine-hole golfing day finishing in the makeshift red caravan club house, then situated near what is now the 14<sup>th</sup> green where the present club house stands. John was able to obtain a liquor licence in those days, so they could enjoy a beer together to wrap up the day.

At this years Kensington Gardens Seniors Golfing competition, golfing Thurgoona local and TCC volunteer John Greenfield took out first prize. Happily, he received five nights' accommodation at Horizon Apartments in Narooma. Great for a romantic get away!

"He achieved an extremely good score of 83 Stafford points over 36 holes of golf", Graham said.

John remarked, 'It was a wonderful two days of golf and I'm obviously very happy with the result. My wife Janet and I are really looking forward to enjoying our trip to Narooma.'



Janet and John Greenfield  
Photo: Tamara Binder

### Days without golf

On days when John pries himself off the golf course, you will find him most Tuesday afternoons chilling out in the TCC Chill Zone. This youth program has for a third year been supported with an AlburyCity grant to employ our fabulous youth worker Kodi Callesan. John is the "cool old guy" who is happy to pick up tongs to cook sausages or a vacuum cleaner at the end of the program. Not only this, but this willing "Indian" becomes a "Chief" as a member of the TCC management committee.

### Bring on the Sausages!

Mandy Wilson Youth Development Officer at AlburyCity was very happy to support Chill Zone's Bunnings sausage sizzle fundraiser by providing \$285 worth of produce which mushroomed



Where's John amongst the Chill Zone Box War Warriors? Photo: Tamara Binder

out with more supplies being bought to secure a massive \$1,268 profit. On the day, John and Janet with fellow volunteer Lisa Grundy aided by Kodi were run off their feet and would not have coped without the help of Chill Zone youth members Javis Pumatangi and Lucas Cook with his chef-trained dad Jason. What a massive effort.

Chill Zone runs each Tuesday during the NSW school term from 4.00 pm to 5.30 pm and is for grade 5 – grade 8 students. It is helped by senior youth who enjoy the fun and act as role models and support for the team.



At Volunteer Expo Sam Neall, Kodi Callesan and Mandy Wilson (ACC Youth Development Officer)  
Photo: S Moran

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John Rawson**

## A new facelift at TCC

Sherylyne Moran

The Thurgoona Community Centre has received a new look thanks to the great work of the JobActive volunteers. The interior and front of the centre building now has a fresh coat of paint due to a program that saw 13 workers, at various times over a six-month period, lend a hand. They were well supervised by Rambayi Majuru and Brad Plum who worked alongside the volunteer team. All have been impressed with the dedication, attention to detail and camaraderie observed in the workers. The project is a Federal Government initiative which is a great help to not for profit organisations and attracted funding of \$24,000 for materials and supervision. MADEC were very helpful in providing such high quality workers. "I have been very impressed with the attitudes of the participants and the raw talent that has been revealed and

*Story continues next page*

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Left to right: David, Tyson, Lynda and Brad—great job by all.  
Photo Sherylyne Moran

*Story continues from previous page*

refined over the course of this program”, said program co-supervisor Brad Plum. “I believe that attitude is everything because when people have an open attitude to learning its then that skills quickly develop”, he said.

“The program went past the formality of painting and into life skills through shared lunches, developing healthy eating with Mason Jar salads and soups and mutual support. All the participants bonded as a team because of shared life experiences and satisfaction in their developing craft”.

Supervisor Rambayi Majuru initiated the program, but as he secured full-time work with Mission Australia handed the supervision over to Brad. At his farewell, Mayor Kevin Mack was invited so that he would meet the team.

“It was a fantastic effort by the volunteers who gave up their

time to brighten up the centre”, the Mayor said.

“In true community fashion they worked together to bring about a great result and in the process, all of the participants benefited not only through what they learnt, but also through the satisfaction and friendships they gained along the way”.

*A special mention has to be made of our favourite professional painter Simon Smiles. He generously gave his time to give some great pointers to the tradies in training as well as paint shopping for us and lending his scaffold for a much longer time than anticipated. He's fabulous!! We'd also like to recommend Mat Tyrrell who rendered the walls which now look amazing. The TCC coffee shop also provided funds to supply fabulous salads for the workers and Heather Cahill fitness sessions before the workday began.*



Left to right: Ian, Rambayi, Lynda, Mayor Kevin and David  
Photo: Tamara Binder

## A Challenge and a Delight

**Sherylyne Moran**  
**TCC Coordinator**

What we hope for in life is often what guides us. We all can hope for different things at various stages of our lives. This October my great friend and recently retired colleague Elizabeth Burge and I hope to help and support a children's home in the third-world nation of Nepal.



**Elizabeth Burge.**  
Photo: Jim Caldwell

Elizabeth and I are venturing into a country whose people, culture and history is very unlike our own. We both have a deep desire to help children who have been rescued from poverty and we have the opportunity to do so at the Hope Children's Home. There we will assist with English and everyday chores. Elizabeth who is a very experienced child and family health nurse will be able to offer her professional insights with personal experiences. The Home supports seven children rescued from severe disadvantage such as orphans who were once open to exploitation in the illegal sex trade. The children have now been given a second chance at life having been raised in a secure, safe family environment. The house parents Nepal and Sapana encourage Western visitors to join in their daily



**Hope Children 2015 visit Nepal Photo: Paul Basnet**

life and contribute to the development of their adopted children. We will enjoy the hospitality of the Nepalese parents, experience Nepalese culture, and most importantly help the children with their English and to socialise with Westerners. Confidence in communicating in English is essential for their career aspirations and success in a developing country. Many of the children in the Hope Home have a desire to help others in need and aspire to be teachers, engineers or perhaps nurses and doctors in the future.

Hope Home is nestled in the mountainous outskirts of Kathmandu in Godawari. It is overseen by the not for profit organisation GC Ministries and relies heavily on Western donations to operate. Founding Director Uttam GC and his wife Mira began adopting children in 1999 with this family-based model which has now expanded to include two homes with “house parents” in each home. Mr GC recently spent four years in Thurgoona working with the resettling Bhutanese refugees to help with translation and assimilation into Western society as the Pastor of the Thurgoona Baptist Church.

Turn back time at the TCC to 2015 and the community joined to raise \$4500 for the Hope Children's Home which had been badly damaged by the massive earthquake that struck on 25 April, just 10 days after I had returned from visiting. We now have the opportunity to help the children again with the costs of schooling. If you would like to join us helping these precious children you can donate on our Mycause page at:

**[www.mycase.com.au/page/178838/hope-home-nepal](http://www.mycase.com.au/page/178838/hope-home-nepal)**  
All funds will go directly to benefit the children who live in the home.

We are very open to the adventure that lies ahead and to contribute as best we can to the wellbeing of these precious children.



## Community Have your Say

Sherylyne Moran

AlburyCity has a budget of \$37M to service a population of 52,994 reported AlburyCity's GM Frank Zaknich at the annual budget presentation at TCC in May. Thurgoona/Wirringa is deemed the growth corridor (10,729 2017 ABS), and AlburyCity is supporting a range of capital works programs in the budget. This includes the continuation of the reconstruction of Kerr Road (\$2.6M); an upgrade of the Thurgoona Oval change rooms and public facilities construction (\$700K); investigations into future open space and community land requirements; and the implementation of the Thurgoona/Wirringa Structure Plan. From the water fund there is also the Thurgoona/Wirringa precinct upgrades (\$1.95M)

Members from various organisations attended the meeting including the Thurgoona Community Action Group (TCAG) and the Thurgoona and District Lions Club as well as TCC members. All from the community are welcome to contribute towards this yearly community consultation process.

At the meeting Sally Hendy and Bridget O'Connor from the Thurgoona Community Action Group queried the GM about the future of Bell's Reserve which many see as the jewel of Thurgoona. Presently funds are being directed into development along the Murray River and it was hoped the same attention in the future could be made 8-Mile Creek (Woolshed Creek). Sue Caldwell from TCC also asked about alleviation of the traffic congestion that occurs around the Thurgoona Football Club when there is a home game. A discussion then arose about the perceived tension around investment in the Albury CBD compared to Thurgoona. The GM commented that for future development to reflect the community, people need to have their voices resonate across that development. Good sound planning will also require the involvement of the State Government in the forthcoming stages

If you would like a forum for expressing your views on community development, why not come and join other community focused people in the Thurgoona Community Action Group (TCAG). This group is keen for issues of concern to be properly represented and so communicates directly with AlburyCity. TCAG consists of members of different Thurgoona organisations and residents and meets the second Tuesday of every month at the Thurgoona Community Centre from 7.00 – 9.00pm. Email TCAG at [thurgoonacag@gmail.com](mailto:thurgoonacag@gmail.com)

## Investing in Community

The Thurgoona Community Centre is a vibrant hub for the community. There are some 29 varied programs operating over seven days per week. 18 of these groups are supported by a cohort of 80 volunteers. In addition to this six community groups utilise the centre for their meetings. Some 700 people come



### AlburyCity General Manager in Thurgoona

Front left to right: Frank Zaknich (GM), Heidy Heath, Ian Crane, Sally Hendy. Back left to right: Bridget O'Connor, Geoffrey Moran, Sue Caldwell, Ruthy Rawson, John Rawson and James Caldwell. Photo: Sherylyne Moran

through the doors each week to enjoy socialising, education, support, some sharing common interests and others for fitness. Our two newest programs are the Numbers Club and Animagination Computer Club.

Of course, the capacity of the centre could not continue without the support both financially and organisationally of AlburyCity.

If figures interest you, it might come as a surprise to know that the operational cost of TCC budgeted for utilities, programs, and wages in 2017/18 was \$179,296. This equates to \$4,255 per week. Of this AlburyCity contributes \$116,000 general funding 2017/18 which will increase to \$118,303 in 2018/19. The TCC is very grateful that additional financial assistance was gained for our youth and playgroup programs in 2017/18 as this will increase from \$13,750 to \$22,420 to allow for a second playgroup day in the next financial year. The tables below outline TCC costs.

### What does TCC Cost to operate?

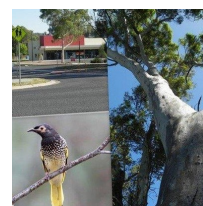
Expenditure 2017/18	
Utilities / programs/ wages	\$179,296.00
Building maintenance	\$20,000.00
Grounds maintenance	\$22,000.00
<b>Total</b>	<b>\$221,296.00</b>
<b>cost per week (52)</b>	<b>\$4,255.69</b>

TCC Income 2017/18	
AlburyCity main	\$116,000.00
AlburyCity grants	\$13,750.00
AlburyCity maintenance	\$42,000.00
TCC income from programs/hire	\$49,546.00
<b>Total</b>	<b>\$221,296.00</b>

In addition to this, TCC also is developing its grounds and has received wonderful support recently from grants gained through the Thurgoona and District Lions Club and the Thurgoona Country Club Resort as well as AlburyCity. In the coming years it is envisaged to have a family recreational area around the new outdoor BBQ with public toilet facilities. Also, on the wish list, is a multipurpose sports surface which would be greatly enjoyed!

Thurgoona Community Action Group (TCAG) has a membership of interested

local organisations and individuals and meets at the Thurgoona Community Centre on the *second Tuesday of every month* from 7.00—9.00pm  
E: [thurgoonacag@gmail.com](mailto:thurgoonacag@gmail.com)





## Historic review of community centres and halls.

Sherylyne Moran

AlburyCity is presently conducting a 'Service and Efficiency Review' of all Albury community centres and halls. The upcoming report will look extensively at usage and will incorporate findings from surveys of the public. This landmark review will provide recommendations regarding the management of the community centres, including consideration being given to the Thurgoona Wirlinga Precinct structure plan. This particular plan outlines a framework for


the future development of Thurgoona/Wirilinga, including development of several community centres in that area.

Thank you to the many people who have provided valuable information for collection. One person commented on their survey for Thurgoona Community Centre;

"We relocated to Thurgoona when we were moving back from Sydney because we saw this busy friendly centre and the Coordinator spoke with us when we came to enquire. There was a house nearby so we bought it", said Julie Plant.




Pictured Left to Right are AlburyCity staff with centre coordinators: James Jenkins (Director of Community and Recreation, Elizabeth Sayers (ACC Community Development Officer), Sarah Charlton (Mirambeen), Keith Edwards (Westside), Kay Hocking with president Jo Coulston (Springdale Heights), Sherylyne Moran (Thurgoona) Tamara Nelson (Glenecho) and Simona Coad (ACC Communities Group Leader)



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## Thurgoona's Biggest Morning Tea

**Ruthy Rawson**

A whopping \$2,642.75 was raised at this year's B.M.T. held at the Thurgoona Community Centre Hall in May. Over 105 guests attended the popular charity event enjoying warm friendship and laughter as they enjoyed the delicious food.



**Guest speakers Candy Marzano and Jenny Black before the event.**

*Guest speakers were Jenny Black and Candy Marzano. Jenny, president of the not-for-profit "Brave Hearts on the Murray", shared thoughtful information concerning services assisting local people who had been diagnosed with cancer. The active Brave Hearts have enriched the area by the Dragon Boat building project, the beautiful Celebration Rose Garden and their recently launched book, **What Cancer Taught Me**. These books were available to purchase. Candy bravely shared her own intimate journey as a current cancer sufferer thus providing personal insights for others into a Cancer Patients World.*

The Thurgoona and Albury Lions Club assisted serving tea along with keen volunteers waiting on the many tables. Highlights included the cheerful music of the Musical Abilities Group along with a game, lucky door prizes and raffle winners galore!

Huge thanks goes to the many organisations and individuals who donated money, goods or services for the event. Also a special thank you to the ever increasing number of



**Julie Bowater and Jenny Black**

willing volunteers who, under the guidance of Sue Caldwell, assisted in making this charitable morning a pleasant memory for all.



**Belinda Thurling and Sam Neall from Thurgoona Woolworths. This organisation provides fruit for TCC playgroup and youth programs—Thanks**

Thanks to sponsors of the event: Woolworths (Liza), Thurgoona Country Club Resort (Adam), Fernwood Gym Albury (Julie). From the Raffle : \$1018,



**Father Peter with Sandy MacLeod-Miller**

*Many thanks to the two photographers on the day. Michael Courtney and Ray Tobin.*

### **TCC's Major Fundraiser - High Tea by Three!**

**5 October at TCC 11.00am**

**Cost: \$38 (\$35 early bird discount before 5 Sept)**

With fine bone china and the best of table wear this event gives opportunity to dress up in style. Chiltern based family business, High Tea by Three, will be catering for a spectacular morning tea in the TCC Hall—an event for all are welcome to attend.

Prizes will be awarded for the best headwear and outfit.

Tickets can be purchased at the TCC on Wednesdays between 9.00am – 3.00pm from Sue Caldwell.

(Bookings essential—spaces are limited.) P: 6043 1588



## Celebrations all round

**Sam Neall—Playgroup Coordinator**

Little Kidlets Playgroup has had a cracking start to 2018.

We are extremely excited to announce that AlburyCity Council has approved funding for our playgroup program to expand into a second day.

Little Kidlets playgroup is a fun interactive program for children between the ages of 0-5 and their caregivers. With weekly arts and craft, exciting playspaces and a fantastic playground, playgroup aims to support the educational, emotional and social development of children and their families.

After having an overwhelming response to our pilot program, Little Kidlets welcomes this expansion with great enthusiasm.

Playgroup being available on multiples days will allow a greater opportunity for more local families to access the program and its facilities. Little Kidlets second day will commence at the beginning of term 3, with the scheduled day to be on Tuesdays.

Little Kidlets playgroup would like to take this opportunity to extend their thanks to AlburyCity Council for supporting and assisting in the programs continued growth.

Little Kidlets would also like to extend our appreciation to all our local families who recently supported playgroups Kidshotz photography fundraiser.

This fundraiser organised by Playgroup Mum Katrina Hackett saw 18 photography session booked out at the Thurgoona Community Centre in May. All funds raised will go towards improved equipment and resources.

Little Kidlets Playgroup is seeking volunteers to assist in the expansion of the program.

If you're interested in finding out more information on volunteering for playgroup please contact the TCC on : 02 60431588



**Little Kidlets** runs Mondays and Tuesdays from 10.00 am to 12.00 noon during NSW school terms. Now looking for volunteers to help with a second day (Tuesday) starting in Term 3. P: 6043 1588



# Albury men celebrate Men's Health



**Jarrod Lehman event coordinator - Ability Links from Intereach.**

Around 30 local men joined Intereach to celebrate Men's Health Week recently. Organised by Intereach Ability Links, the Men's Health afternoon at Thurgoona Golf Club aimed to raise awareness of men's health issues and encourage men to be more proactive about their health.

The event included free health information, lunch, games and a quiz.

Intereach CEO Keryn Fox said, "We know that a lot of men choose not to talk about their health. Unfortunately this can mean that some men end up with health problems which could have been avoided, or picked up before they became too serious".

"Educating local men about men's health issues, and providing an environment where they feel comfortable to talk about their health, is important because of the impact ill health has on their relationships, family and quality of life. This event was a wonderful opportunity for local men to support each other to take better care of their physical and mental health".

Intereach may be contacted on freecall 1300 488 226, email [intereach@intereach.com.au](mailto:intereach@intereach.com.au) or

[www.intereach.com.au](http://www.intereach.com.au)

*Intereach is a not for profit community based provider of services to regional, rural and remote communities throughout Northern Victoria and the Riverina Murray region of NSW. They work alongside children, families, older people, carers and people with a disability by providing information and support, delivering a range of services or linking people with another service that can better meet their needs.*



**Darryl Richards**



**Jimmy Jarrot playing Quoites**



**Ray Heran chats with Bert Moen—members of Mates Morning Tea**



**Digger Burgan and Allan Scott**

## Mates Morning Tea

Friday mornings

10.00 am to 12.00 noon.

Thurgoona Community Centre

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Ring 6043 1588



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Khasta Kachori	



Left to right: Wayne Close, Jimmy Jarrot, Ray Heran, Bert Moen and Don Clayton.  
All photos: Michael Courtney

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## Superheros Arrive

Attending a public event can be daunting for a lot of people. Not so if you come along to the Cosplay event called Border Dimensions (BD). BD is the premier event for pop culture fans on the border and surrounds. Held each year, it has a show floor packed with exhibitors, great celebrities, cosplay competitions, anime workshops, family fun, multiple panel events and more. It is your chance to dress up (or not) and enjoy the fun atmosphere of amazing characters and costumes.

BD is hosted by the Rotary Club of Albury Wodonga Sunrise. It is on at The Cube 118 Hovell St, Wodonga on Saturday 6th October from 10.00am to 4.00pm. (early registration from 9.30am). Entry is \$15.00 (\$2 for under-8's with a parent). There are no other charges once inside apart from what you purchase at the various stalls. Information and ticket details are available at [www.borderdimensions.com](http://www.borderdimensions.com)

At the event hear actor and comedian Rob Lloyd with his 'nerd trivia', meet BAJO as well as Astrokerrie, an experienced cosplay judge and workshop presenter and listen to Anime illustrator Chis Kennett. The courtyard of the Cube's will have the team from 'Sword Craft' demonstrate live action medieval outfits and fight scenes.



## Mission Australia – Mission Marvellous!

### Ruthy Rawson

Just down the road from Thurgoona lies the Albury office of Mission Australia. Located in Kiewa Street this body has been quietly helping the residents of Thurgoona and elsewhere for years. Funded through the both the Federal and State Governments, Mission Australia provides much needed benefits for the vulnerable in our society and for those at risk. Services include identifying genuine client needs, parenting programs, intensive family support, child welfare issues, gambling control, and much more.

But besides the excellent free services and support provided what is amazing about Mission Australia is this – **their work place culture**. In the dog-eat-dog workplace world Mission Australia **walks and talks to a different tune** and the benefits are visible to all. The following is an outline of what makes a good workplace atmosphere. Perhaps there are elements that could be

incorporated into your place of employment also.

First and foremost are Mission Australia's core values. The values used in the community are also at place between the staff. These values include:

- a level playing field where each is equal to the other
- a lack of competition in the work place
- genuine care for and perception of each others needs
- an atmosphere of intentional support of each other in work relationships
- respect for each person's strengths in areas of expertise
- an environment of courtesy and mutual respect
- an effort to connect and spend time with each other to foster a greater bond.

Mission Australia is an active example of what it means when someone says, "I love going to work"! Clients benefit from the positive atmosphere and in turn, learn skills to help them in their everyday lives also.

Take on board some of the ideas above to further improve the world in which you live.

Staff at Mission Australia:  
Right to Left:  
Katherine Hendy,  
Rambayi Majuru  
and  
Nicole Winter  
Photo: S Moran



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## AWECC at TCC

Since the beginning of 2018, the Albury-Wodonga Ethnic Communities Council (AWECC) has had a 'pop-up' office at the Thurgoona Community Centre on the first Tuesday of every month. Having an ongoing home in Thurgoona means that residents across the Border can more easily access AWECC's staff and services. We encourage all community members to drop in and say "hello". We are here to support the community.

## Who are we?

AWECC is an advocacy organisation and charity, representing residents from culturally and linguistically diverse backgrounds. Our vision is of an inclusive and harmonious Albury-Wodonga, where everyone belongs. Our mission is to make multiculturalism work! As an incorporated, community-owned association, we undertake evidence-informed advocacy, promote community partnerships and participation, and work alongside our community to enhance inclusion, cohesion, and wellbeing. AWECC is committed to promoting the successes of multiculturalism, and ensuring equitable, human rights-based outcomes for all, irrespective of their background.

2018 marks a new year for AWECC, and new growth. Since our establishment in 2014, AWECC has built strong community relationships and has become the peak advocacy body for migrants in Albury-Wodonga. AWECC is strengthened through its affiliation as a regional member of the Federation of Ethnic Communities' Councils of Australia (FECCA), the Ethnic Communities' Council of Victoria and the Ethnic Communities' Council of New South Wales, and a range of other advisory in Victoria and NSW.

## Our diverse community

Albury-Wodonga is a culturally rich community, where Aboriginal and European cultures live together. Often referred to as the 'birthplace' of Australian multiculturalism, our region has a long, proud history of welcoming refugees and migrants. Following the Second World War, more than 300,000 non-English speaking European refugees passed through the doors of the Bonegilla Migrant Reception and Training Centre near Wodonga, between 1945-1971. Today, our community is home to residents from over 75 countries, speaking 55 languages. More than one in 10 of us was born overseas.

## How to get involved

AWECC and its partners deliver various advocacy and community capacity-building programs, events and forums aimed at identifying and addressing various community needs. We also have various advisory groups in areas such as youth, women, family, education, seniors, health, sport and community engagement, welfare, employment, settlement, and many more.



Whether you are from a migrant or refugee background or not, if you feel passionately about any of the issues facing migrants in Albury-Wodonga, we'd love to hear from you! Interpreters are available if you require them, and confidentiality is guaranteed. You can contact our office by email at [contact@awecc.org.au](mailto:contact@awecc.org.au) or call 02-6024-6895. We also have a new website - [www.awecc.org.au](http://www.awecc.org.au) - why not check it out!

*Have you ever seen Battle Bots or Robot Wars on TV?*

*And do you want to see them 'live' in action?*

Well this is the event for you!

**Albury Wodonga Robot Battles**  
Presents

**August robot fighting event - Ant Rumble**

Date: Saturday 18th August 2018

Time: 4:00pm – 9:00pm

Location: Thurgoona Community Centre

**Spectators:** Free admission

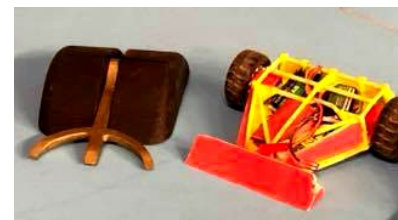
The following classes will be competing in tournaments (TBD) :

- Destructive Antweights (150g)
- Non Destructive Antweights (150g)
- Non-Destructive robots only
- 2v2 Team Antweights (150g)

Register your bots at:

[www.robotcombatevents.com/events/182](http://www.robotcombatevents.com/events/182)

Fbk: Albury Wodonga Robot Battles



## Maintaining Wellbeing in Retirement— an active RPA

TCC Tutor James Caldwell enjoys the supportive benefits of belonging to the Murray branch of the Retired Police Association of NSW (RPA) which boasts nearly 90 members. Before one of their coffee meetings branch members met with acting Sergeant Nick Fahy at Noreuil Park. They were there to inspect the new Highway Patrol vehicle which is a 2018 Holden Commodore V8 sedan. They were able to admire the latest 'techno' devices which a modern day HWP officers have at their disposal. There were a number of former HWP officers who were shaking their heads

at the amazing advances since their days behind the wheel.

At another RPA event, one of Jim's students Zan Morley was pleased to see her husband Bill Morley receive his Veteran Certificate having obtained is OBE (Over "B" eighty status). His dedicated long service in the NSW Police Force was also applauded and remembered.



**Bill Morley**



**Members of the Murray Branch of the Retired Police Association checking out what's new for Highway Patrol at Noreuil Park.**





## TCC Social Club—a great experience

This is a snapshot of the life that is lived by a Thurgoona Community Centre, Social Club member.

By Di Martin

So much has been happening – nearly half the year gone, and we have been making memories. The trips organized by the hard-working committee are ticking all the boxes.

Love of the water and a beautiful sunny day; add a boat to the equation and you have Yarrawonga! Lunch and cruise on the Paradise Queen has been booked.

First stop on the way from Thurgoona was an incredible stop over at Byramine Homestead and Brewery. It was a hot day, lots of shady trees made the walks in the grounds of the homestead very pleasant. They knew how to build houses to suit our climate, in days long gone. Such thick walls. No heat forcing its way in to make us uncomfortable. The owner gave a very informative and humorous talk. The history of the house and past owners kept us captivated. The story about the present owner losing his wooden leg, while asleep under the 100-year-old tree to white ants - - - um well I'm not convinced about the true facts of this tale!



Next stop Rutherglen and a very welcome cuppa. Wonderful baker shops as most would be aware.

This is a town that deserves a revisit in the future, but the blue waters of Yarrawonga are our focus today.

Arriving at the waters edge, 28 happy noisy bus people arrive to be escorted onto the boat.

Tables were already set up for the lunch we had ordered. This was so lovely, we could have been anywhere in the world.

But how lucky are we, this touch of paradise is only a little over an hour from Thurgoona.

We enjoyed leisurely hours of eating whilst listening to our friendly host sharing information about this lovely lake and how it benefits so many people. The top deck was magic to stand on and feel a touch of breeze on our faces, as we watched the shore slipping by.

A holiday house would be nice. We will work on that idea and in the meantime cruising the lake is so enjoyable.



Everyone made this such a wonderful day of laughter and relaxation. Friendships are made. Thank you to Bill for organising this trip.

So nice to have the Red Rubies group able to join in the fun and add to the pleasure of the day well spent. The rumour, that chatting, and a good sense of humour is a must have, when the group meet for craft at TCC twice a month.

Now lets talk food again, BREAKFAST our change of venue to Café Borellas was a huge success. Toasty warm when you walk through the door, our table was all arranged for us.

Isn't table service just wonderful at 9 am in the morning! Coffee and food another perfect score.

Feedback from Social club member that attended.

Robyn, "Where is everybody (Social club members)"?

Ann, "Eggs were perfect lovely thick hot toast".

Val, "Great company great food, great venue".

Irene, "I will be here again with bells on next month".

You get the gist, give it a go next month in the lovely warmth and comfort of our new breakfast venue.

For more information ring TCC on 6043 1588. Annual membership is \$5. A newsletter with upcoming events is distributed in the first week of each month to members.



## Proud Sponsors of the Thurgoona Football & Netball Club

#dream

#believe

#achieve



## GRIEF AWARENESS EXPO 2018

Thursday 30th August, 2018

**'Putting the Pieces Together'**

*Acknowledging Loss - Promoting Resilience*

Loss and its accompanying grief is one aspect of life no one can avoid. As part of grief awareness week, Mercy Health Albury is hosting a 'Grief Awareness Expo' with the aim of supporting those in our community who are experiencing a significant grief and loss.

**Date:** Thursday 30th August 2018

**Location:** Albury Commercial Club (Stanley Room – Upstairs) from 9:00 am – 2:30 pm.

**Cost:** General Public \$15 / Concession \$10 (Includes morning tea and a light lunch)

The event will include 4 guest speakers who will address the following topics:

+ Nicola Palfrey & Therese Foster (Aust. National University) :Children's/Adolescent Grief

+ Dr. Penny Egan-Vine (Loss & Grief Specialist): Multicultural Grief

+ Helen Sheather (NSW Mental Health) Navigating Change ( Mental Health perspective)

+ Lucinda Fraser (Standby – Suicide Support) Support after Suicide

Our guest speakers will introduce their topics in the morning followed by interactive workshops in the afternoon where participants can ask questions from the speakers. In addition local service providers will be present to provide displays and information to support the speakers topics with practical information and support.

**For Registration & Enquiries Contact:**

Sue—Mobile: 0477 440 913 or  
email: [grieflossexpo@gmail.com](mailto:grieflossexpo@gmail.com)



## STROKE AWARENESS WEEK

### 3—9 September 2018

Albury/Wodonga Stroke Recovery Club will have a stall on Sunday 9 September at the Rotary Markets Albury. Feel free to purchase articles or make a donation.

Albury/Wodonga Stroke Recovery Club is a not-for-profit organisation.

#### In His Own Words



#### Tony Pope

*I woke up that day knowing something wasn't right. I got myself around to Albury Hospital Emergency Department and announced that the "words have all gone!"*

*I couldn't remember nurse's names, and my speech was a bit wonky; it was all a bit bewildering.*

*I had a week in Albury Hospital, then three weeks in the Rehab Department at Wodonga Hospital. They really*

*looked after me well. The tucker was great and they set me on the path to recovery.*

*My self-diagnosis is that I have four neurological deficits—four things wrong with my brains, speech, vision, memory and cognitive functions.*

*I believe that the effects are minimal. However, there is some lost vision and my reflexes are probably impaired, so I have decided it would be unwise to drive again.*

*The brain is fragile yet robust, very resilient.*

*In June 2017 Marion Vile, speech pathologist at Albury Hospital put me in touch with Albury Wodonga Stroke Recovery Club.*

*At my first meeting, my immediate impression was that 'these people talk a bit funny!' A bit unkind, but fairly accurate, and I felt very much at home, because—well I talk a bit funny too!*

*So since then, I continue to feel very welcome, I'm now very much a part of the club.*

*We have speakers on a wide range of topics, but mostly we just have a yack with a cuppa or lunch with fellow-stroke survivors. We're all in the same boat.*

Our supportive Stroke Recovery Club is open to all ages. Thank you Adam Fitzgerald and staff at the Thurgoona Country Club Resort for the use of a beautiful room and helping with everything. For more information see details on page 18—Community Groups Directory.

## Growing community, growing churches?

Thurgoona is growing! Correction. Thurgoona is booming! The council-requested *Thurgoona Wirlinga Precinct Structure Plan* backs up the general vibe. Thurgoona is growing 3.5 times more than the rest of Albury, with a predicted population of 50,000 people in the next 50 years!

The evidence is everywhere. Houses are popping up. Thurgoona Public has capped student numbers. We even have a traffic problem!

But with our growing area, are there growing churches? Are there resources and facilities for people to explore spiritual issues? Are there communities where people can feel comfortable to discuss Jesus and the Bible? To put it mildly, church growth is not keeping up with population growth.

And yet there is still interest in spiritual issues. Despite an increase in "no religion" in the 2016 ABS census, the McCrindle research group released some fascinating statistics on spirituality. According to *The Faith and Belief in Australia Report* in 2017:

- \* two in three (68%) people follow a religion or have spiritual beliefs
- \* more than half of Australians (55%) often or occasionally talk about religion or spirituality
- \* younger Australians are more open to changing their current religious views than previous generations

What attracts people to spiritual issues? Observing people with genuine faith is the greatest attraction to investigating spirituality.

In this light, I would like to suggest that growing churches are an important part of a healthy growing community.

This year, Thurgoona Presbyterian Church was launched. We're part of the Albury Presbyterian Churches network. We meet every Sunday, 4.00 pm, at the Thurgoona TAFE, 97 Ettamogah Rd, Thurgoona.

We're a new family-friendly church and we have programs for creche, kids and youth. Each Sunday we enjoy dinner together. We're growing followers of Jesus and we would love to welcome you into our growing church!

Rev. Mike Wong

mike@alburychurch.org.au www.thurgoona.church

Facebook @thurgoona.church



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## Back in the day—Fishing at the Weir

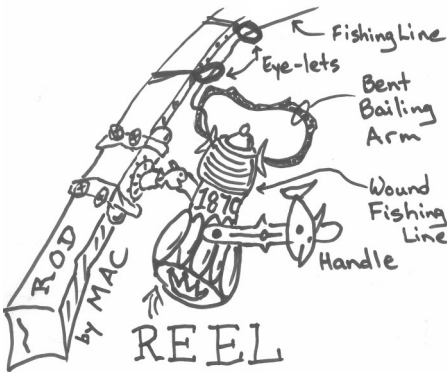
Wayne Bashford

My Mate Mow – the 'Big Heap' and I, decided that it was high time we went fishing out at the Hume Dam (Weir) again. The inspiration of our needing to go was that we had heard that 'they' were biting; too tough to turn down.

Mow thought it would be a good idea to invite my father Bill to go fishing with us; who would have thought we would have so much fun because of Bill. Dad answered the phone and was excited to be included in our next adventure. He asked what he needed to bring, and I told him to just turn up because we had it all covered.

Away we go at 5am and that was just the start of another unforgettable trip. Bill complained about the ridiculously early start, so he decided he was going to sleep in the car till we got there – yeah right - the radio was turned up and we continued our obligatory burping and farting contest. The old fella got no sleep and continued complaining about the windows being open more often than they were closed.

Out on the water Dad produced his fishing rod. You should have seen it, approximately 4 ft (1.2m) long made of pressed metal, 4mm wide and 2mm thick with an elbow bend at the end. The eyelets were held on with bailing twine and glued on with a 2-pack resin. The reel was an 1870 model and the bail arm, which held the line, had a kink in it. The reel was secured onto the rod with two metal hose clamps making it a great engineering marvel that was practically useless.



The usual system out at the Weir was the Big Heap would cruise up to the tree, cut the engine, then we would slowly slip in amongst the branches and I would tie the boat up. Now the competition would start. We dropped hooks and sinkers over the edge of the boat, opened the bail arm and dropped the weighted end to the bottom. We'd wind up a couple of turns of the reel and waited for the highly anticipated first fish. The bragging rights for the first catch were highly sort after.

After bottoming out the lines in the water and hoping for the first of the many fish, Mow and I could hear a clak clak clak noise. We looked one another up and down wondering what the hell was going on but soon realised

it wasn't either of us. Here's Bill awkwardly winding his reel backwards with the kinked bail arm hitting the rod on every rotation. The reverse winding was hampered even more because the 400lb breaking strain fishing line hadn't been straightened out since 1870.

Without any words exchanged between Mow and myself, I declared that there was no fish here, we both reeled up our lines out of the water and were ready to move on. Dad was astonished he hadn't even hit the bottom and we were moving, must have been the fasted bloody fish in the world, he muttered.

So, it went on for the next ten or so trees, the 'Big Heap' and I were having fun, even the coveted first fish competition paled into insignificance. When annoying Bill became tiresome, I finally decided to show him how to open the bail arm and allow the line to run free so that the hook could actually reach the bottom within five minutes. He'd been wondering how we managed to beat him every time.

As we were slowly slipping into the centre of the next tree, Bill decided to help. I let the first branch go by and concentrated on the next, arm outstretched and on the verge of overbalance. Bill decided to grab the first branch which sent me head first into the drink. Upside down and fully immersed, I struggled to turn around in the water and surface until I realised that Dad was hanging onto my leg.

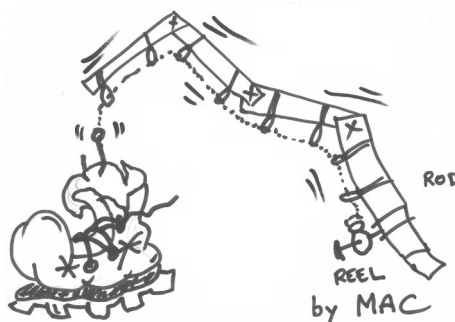
Kicking free I was able to resurface and grabbed the side of the boat gasping. My immediate response was to unload some well-aimed abuse at the old man. Dad just laughed and said he was trying to save me, he proudly held my boot aloft and declared that at least I'd have one thing dry! Both Bill and the Big Heap were laughing as they watched me struggling to get back into the boat. It took some doing too with nothing to get a foot grip on and no help from the two clowns in the boat.

All we caught that day was a dry boot, thanks to Daddykins.

Dear readers,

If you like my style of story telling and would like your story in print, feel free to leave a message. My job is driving heavy machinery, I will call you back at a time to suit all of us.

Wayne 0428 213 427



**Great Parenting Courses coming to TCC from Centacare**  
(all free—can you believe it!!):  
Bookings essential: 1300 619 379



**Keeping Kids Calm (0-8 yrs):**  
Sat. 8 September  
10.30am—2.30pm

- Understand children's behaviour
- Gain parenting strategies



**Bringing up Great Kids:**  
Thursdays (6 weeks)  
6.30—8.30 pm  
23 August to 27 September

- Improve and enhance parent/child communications

**Also in term 4: The well known and very respected parenting course; 1-2-3 Magic and emotion coaching. Can it be that simple???**  
Thursdays 6.30—8.30pm (3 weeks);  
8 to 22 November 2018

**PUT YOUR BEST FEET FORWARD**

**Bill Plant**



Since moving back to Albury, an extra benefit we use is the podiatry service at Charles Sturt University, Community Engagement and Wellness Centre (CEW).

It was recommended by our granddaughter, a former student at CSU, to have excellent podiatry services while giving valuable practical experience to students in a very friendly and professional atmosphere.

Never having been to a podiatrist before, (or more than 50 years of neglect of my feet!) I was surprised to learn the extent of the services provided including orthotics. Consultations are offered at the reasonable cost of \$40.00. I find that the nail care is ideal and easier than getting to my feet myself.

Going to the CEW is a pleasant experience from making the appointment, to the sparkling facilities and friendly professional service with reserved parking

This service is provided by second, third and final fourth year podiatry students under the supervision of qualified podiatrists and the facilities are first class.

A full range of services are available including treatment of corns and callouses, assessment of diabetes related complications and arthritic conditions, pediatric and gait analysis, orthoses and nail surgery, footwear evaluation and education.

PH: 6051 9299 for enquiries or appointments



## 5 Ways to Pay less Tax

Simon Jacobs Tax Specialist

### Keep good tax records -

Thousands of people miss deductions they could have claimed, every year. Keeping good records is the best way to make sure you claim **every** expense you are entitled to (and help ensure your tax process runs smoothly). You can use the Etax app to photograph them using the Etax app, save them straight into your Etax account.

**Be charitable** - Donating to charity is always a good thing but what makes it even better is that the amount you donate is claimable on your tax return.

**Claim everything you're entitled to** - Even if you purchase an item partly for work and partly for personal use, you can still claim an apportioned deduction of the cost. In general, if you must spend money on anything that relates to earning your income, make sure you claim it.

**Seek professional advice** - In most cases, using a tax agent or accountant won't just save you a lot of time, it will also improve your tax refund or net payable. Therefore the ATO's statistics show **74% of Australian tax returns are lodged with a tax agent.**

**Medicare Levy Surcharge** - if you're without private hospital insurance and your income exceeds \$90 000 for singles or \$180 000 for families, you will be required to pay a minimum of 1% *Medicare Levy Surcharge*. This is on top of the compulsory 2.0% Medicare levy paid by most Australian taxpayers. A basic private health cover plan can cost less than the 1% of your gross income you'll have to pay each year, for this reason it's worth considering

### Once a year check your Superannuation

Lodging your annual tax return is also a good time to check on your superannuation, especially the fee's being charged. Superannuation funds can have fees that range from 1.5 percent per annum to as little as 0.02% per annum, and when you have a lot of savings tied up in superannuation, high fees can cost you. Majority of the industry superannuation funds have lower fees and still have very good returns. So, make sure you check your fees and shop around, it will save you lots of money in the long run.

## Being Safe when its Dark

Safe in Oz is bringing a two-day training opportunity for people who work or live with people who have self-destructive behaviours.

At TCC 27 and 28 September

SAFE in Oz aim to give workshop participants an insight into the headspace of a person who participates in self-destructive behaviour/s to better understand their 'real' world and life experiences. The training encapsulates individuals needs throughout their lifespan and is flexible and responsive to the workshop participants. **Day 1 – What is it all about?**

What is self-destructive behaviour? How do we know it is a self-destructive behaviour? Why do individuals do it? How does it start? What are the triggers for self-destructive behaviour and why does it continue to happen?

### Day 2 – Our response to Self-Destructive behaviour/s.

Meeting the needs of someone who with self-destructive behaviour/s. Hospitalisation and associated problems. Treatment environments and points of intervention. Boundaries, support plans and essentials for behavioural change. Meeting the needs and supporting the worker. Introduction to 'Facilitating the SAFE in Oz Consumer Recovery Program' a three-day facilitator training workshop.

Throughout the workshop, SAFE in Oz will encourage participants to employ strength-based practice, in collaboration with their clients, to discovering a myriad of healthier alternative behaviours to use in response to their inner trauma.

As this behaviour does not impact solely on the physical aspect of an individual's life, the workshop also links self-destructive behaviour to its impact on the, emotional, spiritual, and social aspects of life and explore the related long-term effects.



The workshop will discuss the connection of this behaviour and suicide, BPD [Borderline Personality Disorder], mental illness, sexual assault, and domestic violence, offering an insight of the link with adolescence.

The presentation mode for the workshop is both interactive and activity based and includes 'real' case studies, PowerPoint presentation, DVD and an interactive game.

Each workshop participant is provided with a SAFE in Oz presentation folder. The folder includes a workbook for each day which contains a copy of the PowerPoint presentation, activity pages and additional subject related reference material.

The activity sheets include strategies and tools for use with clients, while the reference material acts to enhance understanding, give insight into related topics and support you in your work practice.

You can access information on our website and links to our Training Calendar, individual workshop information and generic registration form. There are limited places for the workshops.

For more details, see TCC Facebook events page or ring Annie direct on **03 5176 2616** (Tuesday—Thursday 9.00 am to 4.00 pm) or email [safeinoz@wideband.net.au](mailto:safeinoz@wideband.net.au)

If you are struggling with difficult thoughts ring:

**Lifeline 11 13 14**

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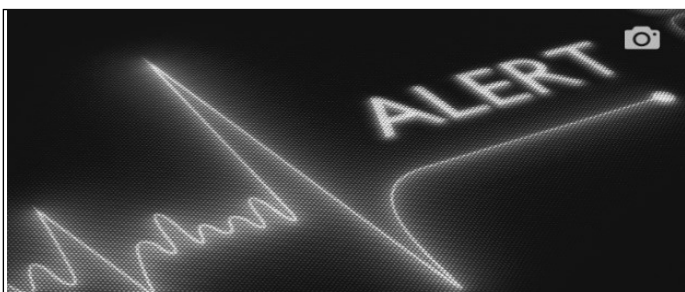
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**AUG 10** **Albury Provide First Aid, Childcare and CPR Refresher courses**

Hosted by Brindabella First Aid Services

★ Interested ✓ Going

➔ Share ...

🕒 **Friday, 10 August at 9.00 am—4.00 pm**

📍 **Thurgoona Community Centre**

Three courses offered in ONLY ONE day are:

HLTAID001 Provide Cardiopulmonary Resuscitation \$40.00

HLTAID003 Provide First Aid (this course includes HLTAID001) \$130.00 Participants will learn a variety of lifesaving skills including defibrillation, asthma and anaphylaxis recognition and management, diabetic recognition and management, and many other acute treatments

HLTAID004 Provide an Emergency First Aid Response in an Education and Care Setting \$130.00.

+Ring 6043 1588 to book

## Cooks corner: CHORIZO SOUP

**Janice Poy**

**Ingredients:-**

2 tablespoons Olive Oil

300g Chorizo Sausage, thinly sliced

1 Onion, finely sliced

2 cloves Garlic, crushed

2 stalks Celery, sliced

6 Fresh Sage Leaves

1 1/2 litres of Chicken Stock.

400g can Cannellini Beans, drained and rinsed

**Method:-**

Heat oil, add the Chorizo sausage and fry till golden. Remove from pan

Add the onion, garlic, celery and sage leaves. Sauté gently till soft.

Return the Chorizo, Stock and Beans. Season with salt and pepper to taste and simmer for 20 minutes. Delicious and very warming for the Winter. Enjoy.



## WHITE DIAMONDS PATCHWORK GROUP AT TCC

Come join Carol and Jan at a new patchwork group. It meets every first and third Thursday afternoon of each month from 12.00 to 4.00 pm.

Bring your own machine and project and enjoy a relaxed friendly afternoon.

Cost: \$5 includes tea and coffee

Ring: 6043 1588 for more details

Limit of 10 for the club.



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## What groups are at the Thurgoona Community Centre (TCC) in 2018?

### Art Craft

#### Buds Art Group—Thurgoona

For all those who would like to express themselves in a new and creative way.

**Mondays** 10.00 am—3.00 pm in the hall. For more information please contact: Dawn: **6043 1006**

#### Red Rubies.... Craft or Not.

Our group is held at the Centre every second **Wednesday** from 10.00am to 1.00pm. We would like to invite you along whether you want to do some craft or just have a chat. Feel free to drop in any time. Each person brings their own materials, some morning tea to share and the cost is \$3. **6043 1588**

#### Stumpwork Embroidery

Stumpwork Embroidery is raised, 3D beautiful embroidery first practised in the 1600s. Come and learn a new, exciting skill. No experience required.

**Wed.** 10.00 am—4.00 pm  
8 week course Enquiries: **6043 1588**  
Cost: \$5 per day and \$3 per half day

### NEW TO TCC:

#### White Diamonds Patchwork Sewing

Bring your sewing machine and project and enjoy the company of other like-minded sewers.

Every **first and third Thursday** of the month from **12.00—4.00pm**

Cost is \$5 per head—maximum of 10 people. Tea/coffee provided. Ph **6043 1588**

### Social

#### Community Singing

Love to sing? Come along and join us! We will have weekly sessions that generally follow the NSW school terms

**Wednesdays** 6.00—7.30pm  
\$4 per session or \$15 per month.  
Mary: facilitator **0427 431 511**

#### Film and Friendship

Looking for a break? Then come along to some very pleasant DVD entertainment and excellent socialising.

Join us every **second and fourth Thursday of the month** at TCC: 1.00- 3.00 pm  
Cost: \$3 per session and bring some afternoon tea to share. **6043 1588**  
A full list of films is available at the centre.

#### Mates Morning Tea

Like a good yarn?

Enjoy great company in a relaxed and friendly environment?

Mates morning tea runs every **Friday** from **10.00 am—12 noon** just for men.

Come and meet new people. You can bring a mate or come on your own.

Cost: Gold coin donation  
Tea/coffee and biscuits provided.  
P: **6043 1588**

#### TCC Book chat/club

##### Tuesday Book Club

Where: TCC Sunroom

When: first Tuesday of each month at 1.30pm

What: Talk about a book you are reading or have read, in a relaxed informal atmosphere.

Cost: \$3.00 per session. Includes coffee

##### Thursday Book Club

Where: TCC Sunroom

When: second Thursday of each month at 1.30pm

What: Read and discuss the same book. Sets of books provided by Albury Library

Cost: \$3.00 per session. Includes coffee  
Plus \$20.00 per half calendar year or \$40.00 per calendar year (library costs)

Ring **6043 1588**

#### TCC Social Club Events

Breakfast at Borella Café Second Saturday every month 9.00am. Meet new friends and old.

Regular day trips to local points of interest. Reasonably priced.

Join our club for excellent friendship and activities. See notice board at centre for upcoming events or book for these events: Annual Fee \$5.00, contact the TCC office for membership and information on **6043 1588**.

#### Thurgoona Community Centre Coffee Shop:

**Tuesdays and Thursdays**

10.00am -12noon

Cost: \$5.00 cuppa and treat. It's friendly, open to everyone in the community. Staffed by volunteers. A great place to meet people, relax and keep in touch.



### Community Services

#### AWECC Albury/Wodonga Ethnic Communities Council

First Tuesday of each month  
9.00am—3.00pm Come for a chat  
Phone: **6024 6895**

#### NEED a JP (NSW)?

For contact and to arrange a face to face service, ring the centre on **6043 1588**.

### Computers

#### Digital Photography Club

If you are interested in digital photography, how to use photo shop, cut, paste, edit, and generally do the "digital photography thing" then please phone **6043 1588** to book.

**Thursday** 6.00—8.00 pm. Cost: \$2

#### Seniors Computer Kiosk

##### Beginners Computer class

This is a fantastic program, focusing on increasing the skills of older people using the computer and the internet.

**Mon:** Beginners 6.00—8.00 pm

**Wed** Advanced 1.00 - 3.00 pm  
and Beginners 3.00 - 5.00 pm  
cost: \$2 Bookings **6043 1588**

**Individual tutoring also available**

#### Computer Recycle

Is your computer dead?  
John can help.

Don't throw it into landfill—bring to TCC and John will refurbish and give it to charity. Drop off your computer to the TCC and give it a new life. **P: 6043 1588**



### Fitness

#### Border Pilates

Improve your strength, flexibility and general fitness with a qualified physiotherapist. In NSW School terms

**Monday Tuesday and Thursday**

6.00—6.45pm

**Sundays** 4.15—4.30 and 5.15 to 6.00pm

Private health fund rebates available.

\$16 per casual class or \$140 for 10 week term. (45 minute lessons)

For further enquiries please contact **Mikaeli 0408 229 751**

#### Real Girls Sweat with Jo Parker

A fun, total body workout, suitable for women of all ages and fitness levels, which focuses on function and form. Joanne runs Small Group PT sessions

**Monday Wednesday Friday 6.15am.**

All classes are fun, friendly and supportive PLUS your first class is FREE!  
Bookings are essential P: **0477 505 531**  
[www.lifesparkwellness.com.au](http://www.lifesparkwellness.com.au)

#### Tai Chi With Kaye Deanshaw.

This is a Murrumbidgee Local Health District initiative.

**Thursdays** 9.00—10.00 am Cost \$3 per session or \$27 for 10 week term at TCC Hall. (Beginners class 10.00—10.30 am - with enough enrolments) **P: 6043 1588**



## Fitness and Dance

### Twin City Stomp Line Dancing

**Wednesday:** classes 10.00am-1.00 pm

**Tuesday** 7.00—9.00 pm

Cost: \$12 per lesson

Contact **Bev Vinge 0407 947 353**

### Yoga Classes

Yoga encourages fitness and wellbeing for people of all ages and walks of life and caters for individual needs.

Join Janet and others in the hall for gentle stretching, breathing and relaxation.

Build on strength, health and happiness.

Time: 6.30 - 8.00 pm **Monday**

### Young At Heart Fitness

with **Heather Cahill**

**Med-High impact Cardio/Strength (men/women)**

Tuesdays 8.00—8.45 pm \$6

**Low-Med impact Cardio/Strength (men/women):**

Tuesdays 9.00 —9.45 am \$6

**Low Impact circuit (men/women)**

Tuesdays 10.00—10.45 am \$6

**Low-Med Impact Cardio/Strength (men/women)**

Thursday: 10.45—11.30 pm \$6

**Mixed Boxing for Fitness :**

Tuesdays 7.00—8.00 pm \$10

(Bookings essential)

Thursdays 11.45—12.15 pm \$6

**Sessions also at Glenecho Community**

**Centre.** Enquiries and bookings ring

**0419 312 593 Other classes in**

**Lavington/Glenroy**

## Children/ Youth

### Little Kidlets Playgroup:

**Mondays** 10.00 am —12 noon

Interactive with activities to enjoy

Cost: \$5 per family per session NSW

school term P: **6043 1588 New in term 3 is a second playgroup day. Ring for more information.**

### TCC Garden Group

A beautiful garden has been established at the TCC. Mums have started an informal group to grow vegetables and tend the garden. Contact the centre on **6043 1588**

### YAFF Young Adults For Fun

A service provided by Home Care for young people with disabilities to socialise. Wednesdays 6.00—8.00pm P: **1300 271 420**

**Number Club** Small group tutoring for 8 to 12 year old students to improve number sense and build confidence in maths foundations. (see page 18) At Thurgoona Community Centre. Eleanor Pearson P: **0431 926 936**

### Starlings Dance Connection

**Monday**

5—7 yrs jazz @ 3.30—4.00pm

8—11 yrs jazz @ 4.00-5.00pm

12—16 yrs jazz @ 5.00-6.00pm

**Wednesday**

4—5 yrs fairy ballet @ 2.30—3.00pm

2—3 yrs mini movers @ 2.00-2.30pm

5—7 yrs junior contemporary

@ 3.30-4.00pm

8—14 yrs Contemporary

@ 4.00—5.00pm

8-14 yrs Song/Dance @ 5.00-6.00pm

(includes lots of drama games and exercises)

**Saturday**

2—3 yrs mini movers @ 9.00-9.30am

4-6 yrs hipity hop @ 9.30-10.00am

4-5 yrs fairy ballet @ 10.00-10.30am

6—11 yrs ballet @ 10.30-11.30am

12—16 yrs ballet 11.30am-12.30pm

starlingsdance@live.com.au

Ring Allira on **0401 669 005**

### YOUTH PROGRAMS:

**Thurgoona Youth Club:** a fun and

engaging teen program to develop confidence in speaking and listening.

Group Facilitator is Carmel McCartin

**Wednesdays 4.15—5.30 pm**

**Chill zone:**

A fun and energetic program for young teens and pre-teens at the TCC.

Coordinated by the TCC Youth Guidance

Team. **Tuesdays 4.00—5.30 pm**

School buses drop off at the centre

Phone **6043 1588**

No weekly cost—food included. Some excursion costs involved

## Community Groups

### Albury Wodonga Lego User Group

Meets once each month on second Sunday of each month 1.00—4.00pm. Find them on Facebook

### The Other Theatre Company

A passionate group of people who wish to encourage, develop and provide opportunities for the community to gain experience in amateur theatre.

For more information ring: **0407 942 106.**

### Thurgoona Community Action Group (TCAG)

For people who are concerned about progress in Thurgoona. Meets second Tuesday of each month 7.00—9.00pm thurgoonaCAG@gmail.com

### Woolshed Thurgoona Landcare

**Group** First Monday of each month

7.00—9.00pm P: **6051 9781**

At Thurgoona Community Centre

## Thank you to the Grapevine Team

**Feature articles:**

Barry Young

Dr Noella Mackenzie

Ruthy Rawson

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Julie & Rebecca Sefton

Mikaeli Weddall

Neil & Kay Drew

Peter Hamilton

Val Martin

Bridget O'Connor

Chester Merrick

Janice & Lindsay Poy

Jim & Stephanie

Mansell

Diane Martin

Ron Martin

Frank & Bernice Plas

Beth & Peter Burrell

Beth & Michael Crouch

Russell & Petra Grace

Cecily & John Willott

Keith & Sally Hendy

Bill & Julie Plant

Michael & Joan

Courtney

Bernard & Jean

Townson

*This newsletter is printed by Quantum Printing*

### Good News: Free Help for Kids

### Child and Family Health Nurse

The nurses are available by appointment on

**Monday, Wednesday and Thursday** at the TCC

Ring **6043 1038** to book your appointment or for any concerns.

### Tucker Teeth Toys

Relaxed information session aimed for first time parents covering introduction of solids and caring for little teeth.

**Thursdays** 1.30 - 3.30 pm:

13 September, 18 October, 29 November 2018

Come along to chat to the Dietitian about first foods and the Dental Therapist about teeth.

No cost. For more information ring Gabby, Kirsty or Debbie on **6058 1800**

### Post Natal Support Group

Mondays for six weeks at the

Thurgoona Community Centre

10.30 am—12noon. The focus is for first-time parents. Find out about parenting, feeding, looking after yourself, routines, changes to the family, safety, health and keeping well.

A Child and Family Health Nurse will be the convenor. To book phone 6025 4822 or 6043 1038 or speak with your local Child and Family Health Nurse.

A great chance to meet others and have a chat. You and your baby are welcome to attend. Dads are most welcome too.



# Community Groups Directory

## Alb-Wod Stroke Recovery Club

At: Thurgoona Country Club Resort  
When: Last Thursday of the month with guest speakers each meeting. Strategies for enjoyable living. Everyone welcome friends and family. Enjoy a chat and lunch at the club after the meeting.  
Time: 10.30 am Contact: 1300 650 594  
E: [strokerecoveryclub.aw@gmail.com](mailto:strokerecoveryclub.aw@gmail.com)

## TCC Mates Morning Tea

Like a good yarn?

Enjoy great company in a relaxed and friendly environment?

Mates morning tea runs every **Friday** from **10.00 am—12 noon** just for men at the TCC (10 Kosciuszko Road)  
Come and meet new people. You can bring a mate or come on your own.  
Cost: Gold coin donation  
Morning tea and biscuits provided.  
P: **6043 1588**

## The Rotary Club of Bellbridge Lake Hume "Service above Self"

At: Thurgoona Country Club Resort  
When: Tuesdays, 7.00 pm  
Contact: Cheryl 0418 696 796  
E: [ian.moffat1@gmail.com](mailto:ian.moffat1@gmail.com)  
0412 890 742

## Thurgoona Community Action Group (TCAG)

For people who are concerned about their neighbourhood.  
Meet: second Tuesday of every month at the Thurgoona Community Centre from 7.00—9.00pm  
E: [thurgoonaCAG@gmail.com](mailto:thurgoonaCAG@gmail.com)

## Need a venue?

*Thurgoona Community Centre* is a facility that you can book for your family or community events.  
Two great buildings available.  
P: 6043 1588

## Thurgoona Bookclub

Running for over 11 years, has room for more members. Meet on the first Wednesday of the month at 7.30pm, to discuss the months book.  
Interested? Call Tracey 6043 1869 AH.

## Thurgoona District Lion's Club

Meets on the first and third Monday of each month at the Thurgoona Country Club Resort at 7.00 pm.  
E: [thurgoonalions@gmail.com](mailto:thurgoonalions@gmail.com)  
Find us on the Web and Facebook

## Thurgoona Mens Shed

Where: Cnr Elizabeth Mitchell Drive and Corrys Road Thurgoona  
When: Tues, Thurs and Sat  
Times: 8.30 am to lunch (on the Web)  
Contact: Bruce Dyce 0428 432 413

## Thurgoona Tennis Club

Thurgoona Country Club Resort  
A and B grade mixed social Wednesday 7.00 pm and Saturday afternoon pennant competition.  
Contact Bernadette O'Donnell  
[thurgoonatennisclub@gmail.com](mailto:thurgoonatennisclub@gmail.com)  
[www.thurgoonaresort.co.au](http://www.thurgoonaresort.co.au)  
(Link to tennis)

## Thurgoona Toastmaster's Club

For anyone who would like to improve their public speaking.  
Meet second and fourth Wednesday of each month at Thurgoona Country Club Resort 7.00 pm.  
Contact Glenys 0408 404 254

## Woolshed Thurgoona Landcare

For upcoming events visit our website: [www.wtlandcare.org](http://www.wtlandcare.org) or "like" us on our Facebook page.  
To join our members list email [enquiries@wtlandcare.org](mailto:enquiries@wtlandcare.org) or contact Catherine Allan on 6051 9781

## Thurgoona Churches

### BREAD OF LIFE CHURCH

#### ALBURY (BOLA)

Service: Saturday 6.30—8.00pm  
Chinese and English  
56 Merkel Street, Thurgoona  
P: 0448 721 548

[www.mybola.org.au](http://www.mybola.org.au)

### FREEDOM CHURCH

Thurgoona Community Centre Hall  
10 Kosciuszko Road, Thurgoona  
Sunday evening 6.00—7.30pm  
E: [freedomchurchthurgoona@gmail.com](mailto:freedomchurchthurgoona@gmail.com)

### GO CHURCH

Service: Sunday at 10.00 am  
33 Hartigan Street, Thurgoona  
Pastor Rick Zago P: 6043 1422  
E: [admin@gochurch.org.au](mailto:admin@gochurch.org.au)  
W: [gochurch.org.au](http://gochurch.org.au) FB /Instagram  
IMMACULATE HEART OF MARY  
20 Hartigan St, Thurgoona,  
P: 6043 2222

Vigil Mass 6.00 pm  
Sunday Masses 9.30 am and 5.30 pm  
[www.thurgoonacatholicparish.com](http://www.thurgoonacatholicparish.com)

### ST JOHNS ANGLICAN CHURCH

288 Table Top Road  
Sunday Service 8.30am first and third Sunday of each month. P: 6040 2188  
[www.anglicannorthernalbury.org.au](http://www.anglicannorthernalbury.org.au)  
Kid's Church—meets on first and third Sunday of each month 8.30am of NSW school term.

### THURGOONA BAPTIST CHURCH

TCC Hall— 10 Kosciuszko Rd  
Nepali Service 10.00—11.30 am  
All welcome to stay for morning tea  
Bus pick up P: Hugh 0418 431 988  
[www.thurgoonabaptist.org](http://www.thurgoonabaptist.org)

### THURGOONA PRESBYTERIAN CHURCH

Service: Sunday 4.00 pm  
Thurgoona TAFE,  
97 Ettamogah Rd, Thurgoona  
[www.thurgoona.church](http://www.thurgoona.church)  
E: [mike@alburychurch.org.au](mailto:mike@alburychurch.org.au)

## Elderly Dogs in Winter

### Dr Arthur Frauenfelder

Elderly dogs tend to stiffen up in the cold weather just like elderly humans.

A few tips to help Rover in the months to come:

- \* Make sure our mate stays active (even if it is only a short walk around the block).
- \* At night let him/her sleep out of the cold even if is just a spot in the garage with a thick doona to sleep on.
- \* A winter check with his vet will make sure there is no underlying problems.
- \* A dry food that is enriched with additives that help keep the joints supple is a great idea.

- \* The same natural supplements for arthritis that we humans take eg: glucosamine, chondroitin sulphur and or tumeric ( dose 1/10 human dose for a small dog up to 1/2 for a large dog).
  - \* there is a monthly injection that is quite safe that has been available at your vet's. Highly recommended if there is a response. Good idea to talk to your vet or veterinary nurse.
  - \* Anti-inflammatory medication needs a thorough discussion with your vet as to the safest.
  - \*\*\* very importantly: a source of warmth for really cold days and especially at night. Your pet shop or vet can suggest a safe heat source.
- A little planning can go a long way to keeping our mate active.  
Cats do not have so much problem.



"Arffa makes me feel young again!"

# When it doesn't add up!



Sophie Lawrence with Eleanor Pearson at Number Club

Does your child loath mathematics?  
Are they falling behind in class?  
Are they resistant to your help? Perhaps they should join Number Club!  
Number Club is a small-group tutoring programme starting at TCC. Designed by new local resident, Eleanor Pearson, the program uses a mastery approach to improve number sense and build confidence in foundational mathematical

concepts and skills. Aimed at children aged 8 – 12 years, Number Club sessions are designed to identify and repair gaps in mathematical knowledge.

As a child, Eleanor struggled with mathematics and found that going to tuition helped to develop her number sense and gave her the prerequisite knowledge and confidence to attempt more advanced mathematical concepts. Now a qualified primary school teacher, Eleanor recognises that without mastery of the foundations, children will struggle to progress confidently in mathematics.

“If a child does not have a deep understanding (beyond memorisation) of place value and basic addition and subtraction, how can they be expected to multiply and

divide”? she said.

Eleanor believes that children aged 8 – 12 are prime candidates for tuition in mastering the foundations of mathematics.

“If children haven’t mastered the foundations by the end of primary school, it’s going to be a lot more challenging to catch up in high school”, she explained.

Number Club has been designed to be a fun and supportive environment where children have the opportunity to work at their own pace. Small-groups sessions allow for peer learning and practise, and, most importantly, number games! Aligned with the Australian Curriculum, the skills, strategies and concepts taught in the programme compliment those being taught in the school classroom.

Initially, Number Club will run on Saturday mornings at TCC. Eleanor has future plans to take the programme to local schools and to secure funding to reduce fees to parents. For more information, find Number Club on Facebook or contact Eleanor on 0431 926 936.

## Men’s Group for Cancer Support

When: 4th Tuesday of the month

Time: 10.00am—12.00noon

Where: Wellness Centre Meeting Room  
Albury Wodonga Regional Cancer

During morning tea enjoy encouragement and support.

Guest speakers on wellness topics.

Enquiries: Bernard 0428 434 587

Darrell 0408 269 305



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**ARE YOU OVER 55 YEARS?**  
**Are you keen to make the most**  
**of this phase of your life??**  
**...then the *Healthy and Wise***  
**Program may be for you!!!!**

## *Healthy and Wise*



This eight week program is being hosted by **Thurgoona Community Centre** for men and women over 55 who want to find out the most up-to-date information about health and wellbeing in the next phases of life. A range of guest presenters from health, legal, financial, community and service organisations will provide up-to-date and interesting information on a range of topics. Speakers will provide knowledge, tools, tips and practical strategies. There will be opportunity to ask questions, find out about and meet local service providers and enjoy the group experience.

### **Session Topics Will Cover:**

- \* Physical health & wellbeing topics – and mind body connections
- \* The real benefits of staying active and Connected
- \* Life changes, managing stress and the power of positive mind-frames
- \* Depression - 'it's not just the blues'
- \* Memory – busting the myths and how to look after it
- \* Getting things in order - financial and legal issues
- \* Life's losses, grieving and integrating the experiences
- \* The power of purpose and the getting of wisdom

### **Program Dates:**

**DATES:** Eight TUESDAYS from 7 August – 25 September 2018

**TIME:** 10.30am – 12.30pm

**VENUE:** Thurgoona Community Centre, 10 Kosciusko Rd, Thurgoona

**COST:** Gold Coin Donation (each session) plus \$5.00 one-off payment for program materials



## **Getting to know you**

### **Profile – Arthur Latta**

**An interview with Barry Young OAM**

This Grapevine 'Getting to know you' column features Thurgoona resident, Arthur Latta. He is well known and admired for his passionate dedication in keeping and advancing Thurgoona.

**Where were you born Arthur?** I was born in Wagga Wagga in 1947. My parents Loraine and Arthur Latta had a farm near Tarcutta.

When I was just three and a half years old, my parents moved to "Springdale" on Kaitlers Road. Springdale Heights is the suburb that now covers much of that farm. My sister and I rode our bikes 4 kms to Lavington Public School on Urana Rd. I continued to ride my bike to high school whilst my sister chose to catch the 'Rail Motor', running from Henty to Albury return, delivering students to High Schools in Albury. It terminated at the Albury Railway Station.

When I was sixteen (1963), my parents purchased "Meringa" on Table Top Road and we first became involved in the Thurgoona community. Our next-door neighbours then were the Wills family and I fell for their daughter, Jenny. We have been blessed with the last 44 years together!

### **Tell us some highlights of your career years!**

In 1964, at 16 years of age, I finished high school and returned home to work on the farm. In 1966 I completed a one-year agricultural course at Yanco Agricultural College. After returning home, I sometimes worked away from the farm, driving tractors and shearing. After my father passed away my mother sold the farm and I went to work for the Department of Agriculture as a Field Assistant. Several years later I moved to the Water Conservation and Irrigation Commission as a Metering Inspector. I then worked as the Resource Access Manager for the full length of the Murray River and the Darling River from Wentworth up to Menindee. I had staff in Albury, Deniliquin and Buronga. I retired after 30 years' service and for the last 21 years I have worked as an advanced driving instructor with Mercedes Benz. This work takes me all over Australia, New Zealand and South East Asia.

### **What sports do you play and follow?**

Various sporting interests over the years have included motorsport, squash, tennis and hockey. I have enjoyed being a member of the Albury Wodonga Car Club for over 40 yrs. I was also involved in building the Go Kart track in Wodonga and I was treasurer of the Albury Wodonga Kart Club.

### **What do you appreciate about the Thurgoona Community Centre?**

This centre provides a base for so many activities, meetings and places to make friends. The Community Centre Committee is to be congratulated on how the Centre has developed over the



**Arthur Latta. Photo: Tamara Binder**

years to become an integral part of what makes Thurgoona a great place to live. Centre co-ordinator Sherylyne Moran and her staff do a great job and are much respected within the community.

### **What do you like most about living in Thurgoona?**

My wife and I moved out to Thurgoona from Albury in 2006, the main attraction being decent size blocks of land, elevated sites, and access to areas of natural bush, with creeks and a rural environment. We have three children – Nanette, Sherren and John and are proud and loving grandparents of eight grandchildren. These are so many things that make Thurgoona attractive. The Thurgoona Community Action Group (TCAG), in which I am deeply involved, is passionate to see that the original developments are maintained and the attractions that made Thurgoona so desirable, are not lost to lesser quality developments. I have been involved with that group, and its predecessor, the Thurgoona Progress Association, for several years. We work hard to represent the views of all people in Thurgoona/Wirringa, management, and transport.

### **What features would you like to see Thurgoona maintain?**

The relatively quiet and peaceful surrounds of a rural environment.

Lots of wide curved streets and courts.

Walking tracks through sub-divisions, and plenty of open space.

Maintaining the wildlife of the area with the preservation of hollow trees which are homes for the sugar gliders, and safe shallow ponds for the threatened Sloan's froglet.

Keeping the large areas of trees, originally planted by the AWDC over 40 years ago.

**Our thanks to Arthur and all Thurgoona residents like him who want the best for our thriving community.**



## Playing outside with Nature

Greater Hume Children Services recently hosted a playgroup in Thurgoona to celebrate the launch of our new branding. The new brand reflects our priorities of fun, warmth and learning through play, incorporating the natural environment, and this definitely happened at our Thurgoona playgroup.



The children were investigating, role modelling (building fires), as it was cold, developing fine motor, gross motor skills, making new friendships using lots of natural materials, and learning through play.

Greater Hume Children Services provides registered educators, families and children nature based playgroups in the towns where they live.

Would you like your child or children to receive care and early childhood education in a homely, safe environment in a small group where you develop a partnership with the Educator? Our service offers education and care with Educators that are qualified early childhood professionals, providing care in their homes.

Call our office for more information: Ph: 60263877 or visit [www.ghchildren.com.au](http://www.ghchildren.com.au)

## Plogging in Thurgoona

**Ruthy Rawson**

The new fitness craze out of Northern Europe is plogging and it's hitting the streets of Thurgoona already! Plogging involves walking, jogging or running with regular stops to lunge and bend and pick up.... Yes, that's right.... RUBBISH!

Some Northern European people combine 'body and environmental health' by picking up rubbish along their exercise route. This results in more supple bodies for the ploggers and a cleaner environment for all. This win/win situation is taking off as local communities see the benefits to their health and their streets. Kids can complete to see who picks up the most and so enjoy it as a 'game'. Plastic gloves, of course, are always worn.

Plog as an individual, a family, with neighbours or

friends, let's continue to lead the way in the Albury region by plogging regularly!



**Thurgoona residents Jane and Izaak are Plogging together**

## History of Thurgoona The Past, Present and Future.

By Barry H Young OAM

**How did Thurgoona begin? Let me tell you.**

Although evidence of Aboriginal life in the area has been recorded since 1835 it was in about 1854 that the Crown mapped and sold several small farms along the then Sydney Rd \* and migrants from Germany, such as the Frauaenfelders and Dallingers, were among those who settled into Thurgoona and turned it into a community.

Stage coaches ran through Thurgoona as early as 1857 and Cobb and Co were among the companies to operate on the route. One of their stops was the little house which was next door to the Kinross Woolshed (Now popular Kinross Hotel). The Royal Mail horse drawn coach continued in the area until 1920.

An early German settler, Georges Frere, established a winery at St Hilaire and the remains of it can still be seen today. (It produced Australia's first champagne!) A large proportion of the landholders were German migrants who followed in the steps of the vigneron Frauenfelder, Schuback, and Rau who had arrived in 1851. Many families were related.

The largest building at Thurgoona was the Orphanage at Guadeloupe House (pronounced Gwar-day-loopy) built by the Sisters of Mercy in 1882. The Thurgoona Public School was housed at the Corry's Wood in 1862 – it began as a Slab and Bark hut which was also used for Anglican Church services. (I have written at length about the history of the school. See previous Grapevines) Suffice to say the school, as we know it today and its location, was opened in 1987. The Post Office at "Lubenhamvale" next to Kinross Woolshed was run by the Wignell families until its closing in the mid-1950s. St Johns Church was established in 1874.

A visitor to this area in the 1880s would have seen this space dotted with vineyards and orchards and many areas under wheat and stock grazing. This area is now where you live - St Johns Green, St Johns Wood, St Hilaire, Corry's Wood, Huntingdale, Mitchell Park, University Close and Thurgoona Park.



**Thurgoona Community Action Group : looking to the future**

### And Thurgoona Now and the Future

- \* Thurgoona's growth has been unbelievable with many new estates, road and transport additions and changes.
- \* An additional 300 homes are to be built in the next three years. Will our shopping centre be big enough to cope? If not, where would another shopping complex be built?
- \* Urgent planning is underway so Thurgoona Primary School will be able to cope with the influx of new students.
- \* Medical facilities are being well thought out and currently our upgraded sporting facilities are coping.
- \* "Hooray" a petrol station at last will soon appear!
- \* The Thurgoona Country Club Resort has plans in hand to upgrade the surroundings planting trees.
- \* An outstanding Thurgoona Community Centre bringing people together with its 33 activities for all ages.

We are very fortunate to have a local planning committee TCAG (Thurgoona Community Action Group) which supervises our new developments, environment issues, housing, traffic and transport.

Whoever thought from those early days of a landscape of spacious farmland, grapevines and where Hume and Hovel travelled through would be as it is today a vital progressive heart-warming Village to live?

\*(the name changed four times - see last Grapevine article)



## A New Local Theatre Company

It was in 2014 that a fledgling Border Community Theatre Company, The Other Theatre Company ("TOTC"), first offered Shakespeare in the spectacular Albury Botanic Gardens, with their performance of "A Midsummers Night's Dream".

"We had no budget, no costumes, no venue and no equipment; just a vision and determination to make it happen", said inaugural show **Producer, Peter Uniacke**. "We had no idea if anyone would come, but those initial shows were extremely successful. The community embraced the concept, and we have never looked back".

"Quite literally, from nothing has grown a local tradition. Long may it continue".

**President Miguel de Oliveira** said, "These shows and our local amateur performers have all been well received and recognised with many local amateur theatre awards and nominations".

"However, TOTC is not just about Shakespeare in The Gardens. We have also been involved in a number of other theatre based local productions and workshops to encourage and foster local talent. Our focus is original works by local playwrights.

### TOTC Finds a Home

Then in 2015 TOTC found a home at the Thurgoona Community Centre ("TCC").

"We are grateful for the help and support offered by the Thurgoona Community in allowing us to use this wonderful facility", Miguel said. "In the last 4 years, other users of the Centre have experienced a few strange sights, as we held auditions, rehearsals and Committee meetings at TCC".

Swashbuckling sword fights, strange costumes and props, singing, dancing, and even a celebrity.

"Australian actor John Wood, of Raffertys Rules, Blue Heelers, and Doctor Blake Mysteries fame, was a cast member rehearsing alongside our amateur performers in the TCC Hall, when TOTC staged Heroes in 2014. He is a fan of the classic Jaguar, so we devised a prop vehicle (powered by an electric motor) that he drove onto stage each night".

### What's News?

Each year TOTC stages at least two plays and a workshop, and often becomes involved in assisting our members with their smaller projects. We offered Romeo and Juliet in the Albury Botanic Gardens earlier this year and we are in discussions with AlburyCity Council to provide further shows for at least the next three years.

In July, auditions will be held for Scene Changes, an original comedy written by local Peter Uniacke and directed by Miguel de Oliveira which is to be

performed at the Butter Factory Theatre in November 2018.

On the weekend of 11 and 12 August 2018 we will also be holding a Theatre Devising Workshop at the Commercial Club for theatre skills development. This is available to both members and non-members.

Follow the TOTC's Facebook Page and website for the announcement of bookings for these upcoming projects.

The Other Theatre Company is a not for profit local amateur theatre company, offering opportunities to local performers and technicians of all ages to develop their skills. In addition to actors, singers and dancers we offer opportunities for writers, directors, producers, backstage crew, set designers, set builders, costumers, and prop constructors to become involved in local amateur productions.

TOTC can be contacted on [theothertheatrecompany.com.au](http://theothertheatrecompany.com.au) or by Facebook at [@theothertheatrecompany.alburywodonga](https://www.facebook.com/theothertheatrecompany.alburywodonga)

### A Midsummers Night's Dream Cast 2014



## MESSAGE FOR BOOK LOVERS

Thurgoona Community Centre is running TWO book clubs.

**Tuesday Book Club**—First Tues. of the month: 1.30pm

**What:** Talk about a book you are reading or have read, in a relaxed informal atmosphere.

**Cost:** \$3.00 per session. Includes coffee

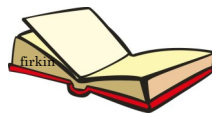
**Thursday Book Club:** Second Thurs. of the month: 1.30pm

**What:** Read and discuss the same book. Sets of books provided by Albury Library

**Cost:** \$3.00 per session. (Includes coffee) plus \$20.00 per half calendar year or \$40.00 per calendar year (library costs)

### JOIN ONE OR BOTH CLUBS

For further information see Marnie Woodham or leave a message on 0411 297 294



## Making Music

The TCC is taking Expressions of Interest for a musician's group. Want to enjoy the company of other musicians and to play together a range of musical genres? Any instrument welcome. Ring TCC and leave your details. P: 6043 1588.



## Repair Cafe

First Saturday of each month (except January), Sustainable Activity Centre, Gateway Village, 10am-1pm, Free. Bring along your broken bikes, books, furniture, battery-operated appliances, clothing and be shown how to fix them - there's an 80% chance we will. We'll also help sharpen small, blunt garden tools and remove scratches from DVD-CDs. Every second session we feature a special service, from fishing rod and bra repairs to chainsaw maintenance. Complimentary cuppa and cake included. Repair Cafe is a community-run initiative proudly supported by HalveWaste.Ecoportal.net.au or visit our Facebook page.



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## The Gift of Grow Groups for girls and boys

**Ruthy Rawson.** Border Christian College is enriching the lives of students with its excellent **Grow Groups Program**. Primary students meet in small groups each week and, with a facilitator, actively learn how to feel valued and to value others. Linda Ross, a trained teacher and life coach, knew that children form their ideas around value and belonging at an early age. These views can often be misguided and lead to a lack of self-esteem. Without dealing with this issue, kids were, and are, growing up without really knowing how to value who they are and those around them. Without the knowledge of these skills, toxic behaviours could be formed and continued throughout life. She recognised that many of her adult clients' issues were related back to not having social and emotional needs met in mid primary school. Thus she developed three programs, Flourish (for Gr 3 – 6 girls), Victorious (for the boys) and Sprouts (for all the kindy to Gr2 students). Border Christian College is the first in the region to implement this excellent program with outstanding results.

Under the mantra of **'I am, I can, I will'**, students are learning how to develop happy, healthy thinking, leading to them taking better care of themselves and each other. They are more responsive in value adding to their friendships, more accountable for their behaviour and are making choices to change themselves. This self-responsibility and accountability results in a very positive school tone as students develop respect, resilience, integrity, service and leadership skills.

Well done to Border Christian College in assisting our local children to develop into happy healthy members of our community! **Border Christian College: 6049 3200**

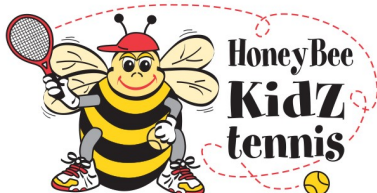


From top right: Rosie, Halle, Hope, Jaimee, Zoe, Amelia and Dione

## Join the fun!

**Introductory and development tennis programs at Thurgoona Tennis Club for kids aged from 4 years**

**Enrol now for next term's lessons, School Holiday Clinic and ANZ Hot Shots Saturday Match Play. Register online.**



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*HoneyBee Kidz Tennis is a registered provider of NSW Active Kids Program*

## Local Thurgoona Electrician

MB Electrical and Data is a locally owned and operated family electrical business, located right here in Thurgoona.

Mitch and his wife Lauren are raising two young boys. They have found Thurgoona a great place to raise a young family with an abundance of parks and quality schools available.

"Now that we have our boys enrolled to start school in Thurgoona, we plan to make Thurgoona our

place to live for years to come", Mitch said. "Thurgoona is a very friendly neighbourhood, so don't be afraid to wave if you see the MB Electrical and Data car driving around, as we only just live around the corner".

Mitch has over 15 years of experience in the electrical industry and takes great pride in his work. If it's a new home, a renovation, or even a commercial property, Mitch has the electrical and data needs to cover any job.

MB Electrical and Data is also accredited with the Clean Energy Council, allowing for the full design and installation of new solar systems.

For all of Electrical, Data and Solar needs call Mitch at MB Electrical and Data on 0422 084 659 or email [mitch@mbelectricaldata.com](mailto:mitch@mbelectricaldata.com) for a free, no obligation quote.

**P: 0422 084 659**



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AT THURGOONA COMMUNITY CENTRE

# TCC PARTY ROOM

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Wondering what to do for your child's birthday party?

Do you have limited space at home?

Don't have time to organise your house  
before all the visitors arrive?

Want something local and affordable?

Don't worry: TCC has a great enclosed play space,  
outdoor play equipment, covered sandpit and a well  
appointed kitchen. Available weekends and  
at other various time-slots.

Cost is \$27.50 per hour with a \$200 refundable deposit.

Ring 6043 1588 or drop on by to have a look.

10 Kosciuszko Road Thurgoona

Office hours Monday to Friday 9.00am to 4.00pm



## Invisible Frog Art – Thurgoona's latest public art installation.

Brain teaser: Name two things in Thurgoona that come out in the winter rains?

Answer: The Sloane's froglet and the latest Thurgoona public art project.

"The froglet makes sense but what art comes out in the rain?"

I'm glad you asked!

In mid-June, froggy stencil artworks were installed around Thurgoona using a water repellent paint, meaning designs only becomes visible when it gets wet. The artworks can be seen on rainy days on footpaths at the Thurgoona Plaza, Thurgoona Community Centre and Thurgoona Public School.

All the 'invisible art' designs are of the Sloane's froglet and its habitat. Designs were created by Thurgoona and Albury locals at workshops held at the Thurgoona Community Centre and Thurgoona Public School.

A small group of committed community members and an enthusiastic year 5 and 6 class at Thurgoona Public School worked with Yackandandah artist Linda Fish to create a great body of amphibian artworks.

"The community members mastered the art of stencil making very quickly and produced a marvellous body of work on the Sloane's froglet", said Linda. "We all enjoyed exploring the shapes of the froglet and the features of its habitat".

The Sloane's froglet is a local threatened species which breeds in shallow pools and ponds around Thurgoona. Thurgoona is one of the last strongholds of the species in New South Wales, making the froglet an important Thurgoona local.

The growth of new Thurgoona suburbs is encroaching on winter wetlands that



Mary Anderson at TCC being creative  
Photo: Sherylyne Moran

the Sloane's use for breeding.

The Office of Environment and Heritage and AlburyCity are working closely together to ensure that new developments include enough connected wetland areas for the froglet populations to persist.

Mary Anderson enjoyed the workshop "I learned more about our li'l subject and enjoyed creating my stencil", she said. "Looking forward to seeing the artwork when it rains"!!

**Dieuwer Reynders** (NSW Office and Environment and Heritage community engagement team leader)

Artist Linda Fish and MP Greg Aplin  
with TPS students at the project  
launch at Thurgoona Plaza.  
Photo: David Hunter



## LIONS CLUB OF THURGOONA AND DISTRICT

### JUNIOR PUBLIC SPEAKING COMPETITION – 4 JUNE 2018

An outstanding demonstration of the abilities of several of our local children was seen recently at the Thurgoona Lions Club Junior Public Speaking Competition. Held at the Thurgoona Club Resort, this event showcased the public speaking talents of Years 3 and 4 and also Years 5 and 6 from both Thurgoona Public School and Trinity Anglican Junior School.

In the Years 3 and 4 group, representing Trinity Anglican were Ebony McGee and Alessandro Vaccaro, while Thurgoona Public was represented by Bella Haberman, Henry Tainton and Olivia Richards. Their subject on which to talk was "My favourite place in our local area" and were required to explain the how, why and what of this place. They had three minutes to present their prepared speeches. All selected different locations with places of action dominating. All presenters were terrific.

Eventual winner was Alessandro Vaccaro with Bella Haberman claiming runner-up position.

The Years 5 and 6 group also had a prepared speech of four minutes to present however they also had to present an impromptu speech for one minute. Anastasia Piniotis, Samuele Vaccaro, and Max Neave, represented Trinity Anglican. From Thurgoona Public School came Logan Murray, Natalie Chant and Taylor Furze. Their compulsory topic required them to sell our local area as a tourist destination. All did a fantastic job of this and can see a job in tourism coming up for them all one day. Their impromptu speech was "If I were an animal, I'd be a .....", for which they had ten minutes to prepare their responses. Ranging from snakes to giraffes, these speeches were both interesting and funny.

The winners of this section, which was judged on a combination of both presentations, were Natalie Chant with Taylor Furze as runner-up.

Judges Barry Young, Stephen Kilgour and Peter Lee had a particularly difficult time deciding winners in both groups and took some time in eventually settling on their choices.

Tricia Ray from the Thurgoona Lions Club coordinated this event and did a great job although she did say at one stage, "At times it was like herding cats"!! However, the schools were very cooperative and all participants were well coached at these schools", said Tricia.

The winners will now go on to the Regional Junior Public Speaking competition at a venue and time yet to be decided.

Contact

Alan Brink - 0419 110 831



## LIONS CLUB OF THURGOONA AND DISTRICT Youth of the Year 2018

Thurgoona's 15-year-old Sidney White of Trinity Anglican College recently won her way to the State Finals of the Lions Clubs Youth of the Year Competition. This event assesses character, social knowledge, community commitment and public speaking. With the standard of opposition getting tougher at each level, from Local to Regional to District and then to State, Sidney provided a super outstanding effort.

Sidney said, "I felt a little overwhelmed at the obvious enormity of the event and of the expected high standard of all participants and yes, I was nervous. However, with Mum by my side and with support from the Thurgoona Lions members nearby, I felt a little less so", she said.

Coordinator of the Thurgoona Lions Club Youth of the Year Competition, Tricia Ray said, "Sidney is an extraordinary person who is sure to do well in whatever she chooses in life. Being only 15, she will still qualify for the same competition next year, so with all this experience behind her and the



Left to right: Ian Crane, Rowena Newcomen (Sidney's Mum), Sidney White, Elizabeth Flood, Tricia Ray and Ian Tuttle.

benefit of being a year older, who knows what 2019 will bring", she said. Contact Alan Brink; 0419 110 831

## Lions support the community.

The Thurgoona and District Lions Club were thrilled to be able to provide \$500 to support the local Thurgoona Rural Fire Brigade. Each year the club provides funds towards local community projects through its annual disbursement of money raised. This allows them to give back to the Thurgoona Community.

If you wish to know more about what Lions do in our community and are interested in becoming part of the lions family please contact provide your name and phone number by email to [thurgoonalions@gmail.com](mailto:thurgoonalions@gmail.com) and they will give you a call.



Thurgoona and District Lions Club president Ian Crane with Darren Gugger, Captain Thurgoona Rural Fire Brigade.  
Photo: David Bent

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## ADVERTISEMENT

# Downsizing for over 55s delivers a new level of lifestyle benefits

Demand for community lifestyle living is growing as more seniors embrace the land lease model and downsize their family home, unlock their capital and live a brand new lifestyle.



The popularity of the model is its simplicity; residents purchase a brand new home and lease the land, eliminating the need to pay stamp duty and council rates, there are also no exit fees or deferred management fees, plus

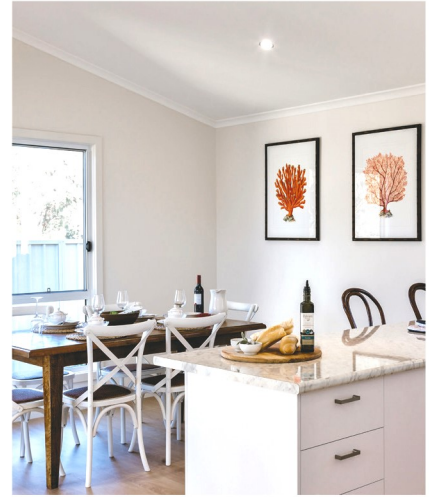
residents keep 100 percent of the capital growth on their home.

There's on simple weekly site fee to cover the rent of the land with eligible residents able to retain their government pension and claim rental assistance on the fees.

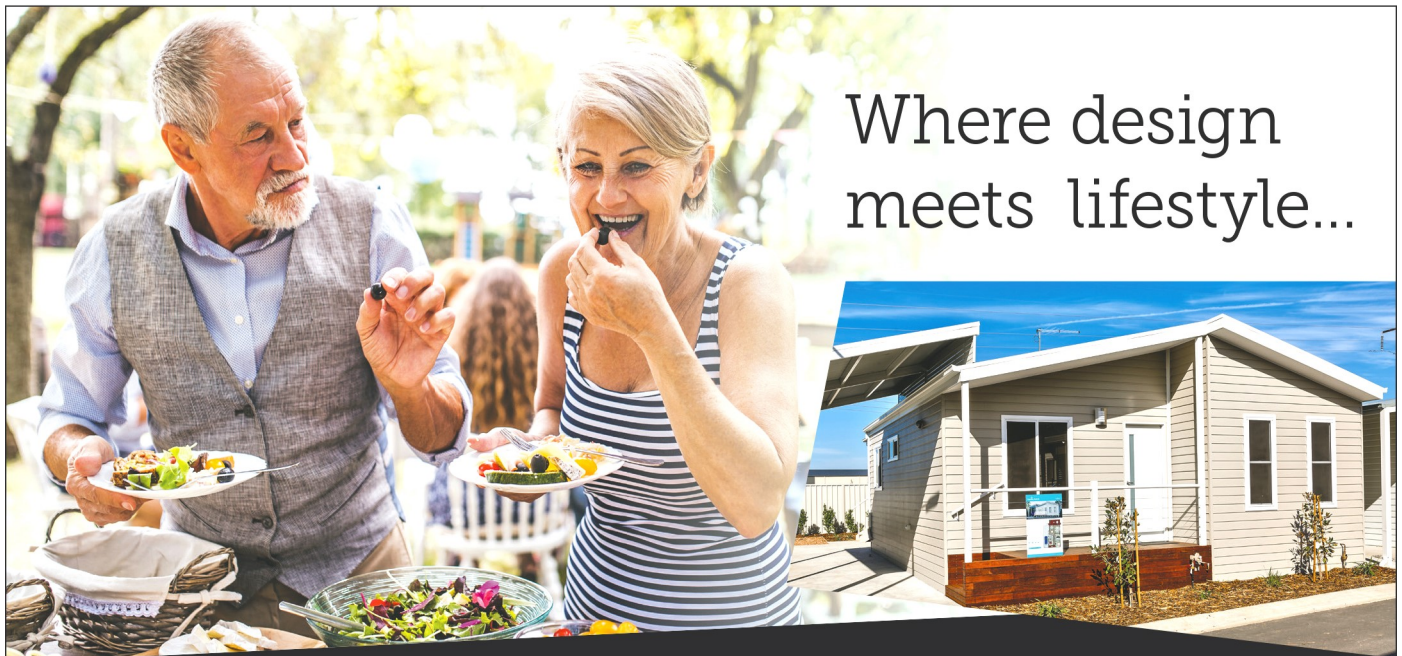
Project Sales Manager, Megan Collins said living in an Ingenia Lifestyle community is all about getting the most out of life, being active, and maintaining your independence and wellbeing.

"If you're like many Australians, you might be well in to your 2018 New Year resolutions and if downsizing the family home is one of them, there's now more incentive to keep progressing on with that goal." Megan said.

"With homes selling from just \$195,000 at Albury there is a real opportunity for you to downsize and free up you cash reserves that stay in your back pocket.



If you would like to explore the increasingly popular lifestyle-focussed land lease community model, please call Megan Collins for more information on 0459 955 122 or visit [www.liveinalbury.com.au](http://www.liveinalbury.com.au)



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## Workplace Bullying and Harassment

Educational awareness and support: Rambayi Majuru



**Rambayi Majuru**  
Photo: T Binder

At the TCC Rambayi will be offering information workshops designed to increase awareness around workplace bullying and harassment.

Do you have difficulties with a work colleague?

Have you conversations or arguments in your head with this person to defend or explain yourself?

Have you been overwhelmed with thoughts about work conflicts and can't sleep?

Do you dream of leaving your job because someone makes your life there unbearable?

Rambayi will be providing insight and suggestions for help in his informative workshop.

Check out TCC Facebook page for dates to be confirmed or ring 6043 1588 to provide your contact details.

Needing support now? Ring **Mental Health Line**  
the Mental Health Line **1800 011 511**



## What's the real situation faced by people seeking asylum? Join the conversation

the  
power of  
humanity



Who are people seeking asylum, what situations do they face and what does Australia have to do with it?

Come, join the conversation and an engaging workshop helping to answer these questions.

**Details:** 7.00 – 8.00 pm Thursday 16<sup>th</sup> August 2018. FREE.

Thurgoona Community Centre, 10 Kosciuszko Rd

Nibbles & refreshments afterwards

**RSVP:** 10 August to TCC, 02 6043 1588



## Oldfield Landscapes is celebrating its 1st year in business!

Hi, I'm Jake and I am a Thurgoona local and proud landscaper. Just over a year ago I decided to start my own business and cater to the growing need for quality landscapers in the area. The opportunity of managing my own business, creating your own work hours (albeit long ones!!) and being your own boss really appealed to me. It has been a steep and rewarding learning curve over the last year and I am often juggling act to keep the work life balance, especially with my young family of a three and one year old.

Nothing beats that moment when you knock off after a long, physical days work and open the front door to beaming grins and the sound of "Daddy's home!" - It always makes me thankful for what I've got and puts everything into perspective.

I have also been lucky enough to find a young apprentice Ryan and we have been working hard over the last 6 months to complete some creative and striking projects. Since starting Oldfield Landscapes we have completed jobs across the Albury-Wodonga and surrounding areas, including Thurgoona, Tabletop, Splitters Creek, Osborne Flat, Jindera, Holbrook, and other small surrounding towns. We specialize in paving, retaining walls, irrigation, garden design and maintenance, driveways, and all other aspects of landscaping. We also have a Skidsteer and tipper truck available for site and yard clean ups and those jobs that are a little too large for your trailer and wheel barrow.

We are more than happy to come and give you some ideas and provide you with a quote. Feel free to like our Facebook Page 'Oldfield Landscapes' or alternatively give me a call on 0427 841 136.

Thanks for the continued support Thurgoona!



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## Kids with Dr Noella



### Learning to look at print

Adults who are proficient readers and writers take the way they access and use print for granted.

The eye does not photograph the detail in print and transfer it to the brain. **The child must learn to attend to print detail in certain orders for letters and for words.**

Written language is culturally bound and languages present their written forms of language differently. In English, we need to learn that written language is presented on a page (or screen) from **left to right, starting at the top left hand side of the page.**

We read (or write) **across the line from left to right and when the line runs out we return to the left hand edge of the page to continue.** Of course some texts are not exactly presented neatly in this way – think about comics.

Not all written languages are presented in the way that English is, for example, Arabic is written from right to left and Japanese is presented from the top of the page to the bottom.

So . . . we write from left to write adding letters to build a word and then we leave a space and start a new word. Then we add punctuation to a group of words to help the reader to know how to read our text. Easy - when you know how.

Let us consider the English alphabet – we have 26 letters and they are represented in both lower case and upper case which makes 52 shapes to learn. Then we have a couple of extras due to the common use of some fonts – ‘g’ can be ‘g’ and ‘a’ can be represented as ‘a’. **That means we have 56 letter shapes to learn to**

**read and 54 to write.** Then we add punctuation ( . , ; “ ” ? ! ) for a few more details to learn.

Not to distract us but to help explain the complexity, our **26 English letters make 44 sounds and these sounds are represented by more than 120 different combinations of letters.**

Some letters make one sound, but others make many sounds. For example read the following and note how many different sounds are made by the letter ‘a’: tan, cake, said, ask, saw, care, tea, was, away. Is it any wonder that English spelling (a topic for a future column) is so tricky?

Now let’s consider some of the letters that are very similar to look at, for example: a, d, b, p, q and g in lower case form, are all just *circles with sticks* – the length of the stick is important and the side that the stick is placed – perhaps that is why so many children confuse lower case **b** and **d**, **p** and **q**. Likewise, many children are confused by **r**, **n** and **h**; these letters are formed in the same way but again it is the height or the stick of the curved part of the letter that is different. Of course capital **I** is made difficult by the fonts that represent it as **I** (how should I read I’ll? – the same shape is making 2 different sounds in this word).

Capital letters are easier to learn to write (mostly straight lines) than lower case letters and are often seen on signs and advertising, but in Australia we start by teaching the lower case letters. This is different to Finland, where teachers teach the upper case letters before the lower case letters.

So, remember, to read and write in any language, requires an understanding of how to **look at and re-create the printed form** of that particular language.

**Dr Noella Mackenzie**



## Thurgoona Public School

Providing the foundation for life-long learning  
**National Day of Action Against Bullying and Violence**

Our school took part in the National Day of Action Against Bullying and Violence which saw all students participate in lessons and activities addressing this issue. Additionally, students in Years 3 to 6 had two police officers from Albury speak to them about social media, the risks of cyber bullying and how dangerous online sites can be.

### Eddie Woo Presentation

Some very lucky Stage 3 students were invited to attend a presentation by Eddie Woo at James Fallon High School. Eddie is a passionate Maths teacher and has been recognised many times for his innovation in the teaching of maths. He was the winner of the NSW Premier’s Prize for Innovation in Mathematics Education and the creator of Wootube. Our students were intrigued that mathematics came from a state of confusion and questioning and that it was okay and desirable to be in this state because this is where real learning would happen.

This was a great learning opportunity for our students.

### Comments from the students who attended Eddie Woo’s presentation:

**Lucas:** At the Eddie Woo presentation, I learnt that Maths is exploration. When explorers explore maths, they often get lost. That’s when they know they are in the right place.

**Nicola:** At the Eddie Woo presentation, I learnt that rectangles and squares are the same because rect-angle means right angle.

**Olivia:** I learnt that Maths is also play because we were playing a maths game – Four in a Row – and we didn’t realise it, but we were also practising indices which was amazing because we learnt something new by playing a game.

### ANZAC Day Service

Thank you to the students who participated in the ANZAC Day service during the holidays. The students are to be congratulated on their outstanding behaviour and the respect that they displayed during the ANZAC Day service.

### Yarn Up Barbecue

The Aboriginal Education team hosted an informal barbecue at school. It was a lovely opportunity to meet the families and discuss ideas to further teach and celebrate Aboriginal culture at our school. Cathie Egan, our Aboriginal Community Liaison Officer, provided us with ‘food for thought’ regarding possible future directions.



Mrs Ward and some very lucky Stage 3 students with Eddie Woo—Maths fabulously fun.

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